

Capilano School December 17, 2010

Final Friday Flyer

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Principal - Phil Marshall - pmarshall@nvsd44.bc.ca
Website - www.capilanoschool.ca



Dear Parents,

Although I believe that change and new challenges to a school are positive attributes, I must admit that choosing "to pull the cord and get off the bus" was not an easy decision. I loved coming to work and being your principal, working with teachers, students and parents in creating the best possible learning community. However at this time, I look forward to doing something completely different. I am going to do a renovation to our home and then seek other educational opportunities down the road. But after 35 and a half years with the NV School District, including 3 years overseas, teaching at many schools, and being a principal for 18 years of Blueridge, Highlands, Braemar and Capilano, I have had a very fulfilling career.

Capilano is an exceptional school that continues to improve and grow. The culture of excellence, caring and global-mindedness and the IB structure will continue well into the future. Teachers will continue to work in teams and improve their instructional and assessment skills and talents within the "best practice" model.

It is amazing to think that the IB process started with a request in October 2007 to parents and staff to join me in examining the possibilities of IB, what it was and whether it would fit our school community, and now, we have just been visited by the World School Authorization Team! Wow!

I was asked to come to Capilano to "make a difference" and I leave with a high degree of confidence and pride of what the Capilano team has accomplished. I wish to credit our Capilano teachers and especially the hard work of VP Jennifer Wilson in the training, professional development, the mentoring of new staff and for adhering so closely with the IB Standards enabling us to come so far in such a short time span. I am so very pleased that Jennifer Wilson is assuming my position and am confident that Capilano will continue to "set the standard" for years to come.

It has been a pleasure and privilege to serve as your principal over the past three and a half years. From my position as principal, it is the relationships that create such a great working and learning environment. Capilano is an amazing school with a highly qualified and dedicated professional staff, wonderful support staff and a wonderfully talented and enthusiastic student body with whom I am so proud to have been associated. Capilano parents are extremely caring and supportive of this school and the CPAC thrives as an integral part of the school community, thanks to the dedicated efforts of the many parent leaders and committees working to support the school.

The Capilano community has left an indelible impression on my heart. Thank you for your kindness and support. I will miss you all !

Sincerely,

Phil Marshall
Principal



January 2010 Calendar



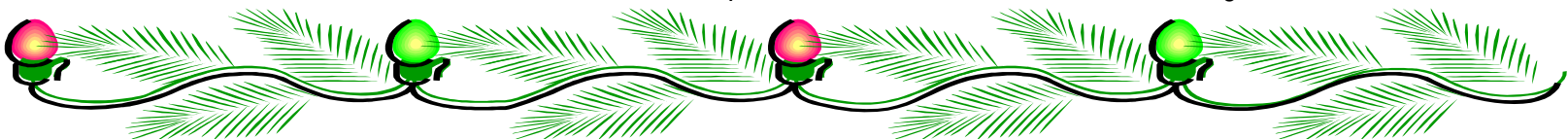
- Jan. 4 Tuesday, school re-opens
- Jan. 7 Japanese lunch - pre-ordered
- Jan. 7 PAC Newsletter
- Jan. 10 Gr. 6 to Outdoor School - 'till Fri @ 2:45
- Jan. 11 CPAC General meeting 7pm - babysitting avail.
- Jan. 14 Pizza lunch - pre-ordered
- Jan. 17 Capilano IB Professional Day - no school
- Jan. 21 New Parent for Sept 21 school tour 9:15
- Jan. 21 Soup lunch - pre-ordered
- Jan. 24 6-7Volleyball league commences (tentative)
- Jan. 28 Wrap lunch - pre-ordered
- Jan. 28 January Final Friday Flyer home



The Holiday Christmas Market netted \$1000 in loonies and toonies as well as many satisfied shoppers (and elves)!



The Junior and Senior Band and Capilano Choir concert was a seasonal delight!



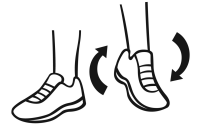
December 2010

Head-to-Toe Stretching at No Cost

Dynamic stretches are performed with slow, controlled, and continuous movements. Repeat stretches 5 to 10 times while breathing in through the nose and out through mouth. This will result in increased mobility and enhanced blood flow contributing to positive mental health.



- **Neck Rotation** - Drop chin towards chest and slowly rotate neck bringing left ear towards left shoulder. Return to centre and repeat on right side. Keep shoulders relaxed.
- **Back and Chest Stretch** - Cross (hug) arms in front of chest then slowly extend both arms wide and back slightly past shoulders. Extend finger tips. Return to hug and repeat.
- **Ankle Rotation** - Stand and rotate one ankle on the ball of the foot. Circle one way 10 times, then the other. Repeat with opposite foot.



Action Schools! BC

For more visit www.actionschoolsbc.ca.

The holiday season is often a time for gathering together and sharing food. It is a time of plenty, but for some, access to food may be more difficult. If you are able to share with others or you need help, you can contact the Directory of North Shore Agencies and Organizations at 604-985-7138 for local food and meal assistance programs.



You can help by dropping off non-perishable food items at your local chain grocery stores, fire halls, or at your local food bank. Food items needed most include canned meat, poultry or fish, peanut butter, whole wheat pasta or rice, pasta sauce, canned fruit or vegetables, cereal, and baby food or formula.

Other ways you can share this holiday season include volunteering your time at various charitable groups or providing cash donations to your favourite local charity.

Holiday Cous Cous



1. Boil 1¼ cups (300 ml) water with 1 tsp (5 ml) chicken or vegetable bouillon. Remove from heat and add 1 cup (250 ml) cous cous. Cover for 5-7 minutes. Fluff and let cool.
2. Whisk together ¼ cup (60 ml) olive oil, 3 tbsp (45 ml) lemon juice, 1 tbsp (15 ml) lemon zest and 1 tsp (5 ml) cinnamon.
3. Add a 19 oz. (540 ml) can chickpeas, drained; 1 cup (250 ml) of fresh, chopped vegetables (e.g., tomatoes, cucumbers, peppers); ¾ cup (175 ml) dried fruit (e.g., cranberries, raisins) and ½ cup (125 ml) chopped, green onions.
4. Drizzle dressing on top and season to taste. Serves 6

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.

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Helping Your Child Learn to Cope with Worries and Anxiety

Children and teens can worry about many different situations: academic responsibilities, teachers, friends, fitting in, new experiences, and/or being away from their parents. They may also experience anxiety. This can occur when worries remain unresolved or recur repeatedly without really going away. "Worry" comes and goes; and is often about a short term situation.

Anxiety on the other hand is experienced as a constant, low-lying unease that exists for days or weeks at a time. It is often heightened when normal stressful situations occur.

As parents, you can support your child by recognizing and coping with these discomforts in healthy ways.



Symptoms of Anxiety:

1. **Physical:** Stomach ache, sweating, heart racing, dizziness or lightheadedness.
2. **Mental:** What children say to themselves, e.g. "I am not good enough to ride the bike".
3. **Behavioural:** What children do, e.g. excuses to get out of a situation or activity.



Strategies for working through anxiety and worries:

- ❖ **Talk with your child:** Create safe ways to encourage your child to express concerns and feelings.
- ❖ **Educate:** Let your child know that they are not alone and that worries and anxiety can be part of life.
- ❖ **Build skills:** Create opportunities to coach (role play, plan ahead) your child so that they know how to cope with situations as they come up.
- ❖ **Focus on the positives:** Ask your child to talk about what went well today.
- ❖ **Be prepared:** Minimize anxiety provoking situations at home by planning ahead and informing your child of those plans.
- ❖ **Look after the basics:** Meet your child's nutritional needs; ensure they receive enough sleep, down-time and physical exercise.
- ❖ **Build in regular routines:** Bedtime, waking time, getting to school, family meals.
- ❖ **Model healthy coping strategies:** If appropriate, let your child know when you are worried or anxious about something and then share with them how you are coping in a healthy way.

Adapted from: Anxiety BC

Helpful Resources: www.anxietybc.com
www.heretohelp.bc.ca/publications/factsheets/back-to-school



BE MINDFUL & KEEP SAFE during the Holidays!

For more information please call the On-Call Nurse for the Child & Youth Team at 604-983-6714.

Written by VCH Public Health Nursing Team, Lawrie Graham, Alcohol and Drug Prevention Educator for North Vancouver VCH & Kerrie Watt, Prevention Consultant for West Vancouver District, West Vancouver School Board VCH

IT'S CHRISTMAS

at **CAPILANO**

Entertainment from Pemberton Heights

THE DOWNTON SINGERS

with

THE CAPILANO SOUL SINGERS

and

GUESTS

Sunday, December 19

4:00 p.m.

Capilano United Church

22nd and Phill

Admission by donati